



2009 Puyallup Fair Healthy Fare Listing

Options Listed: low carb, low fat, vegetarian, sugar free

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Aronica: (Throughout Grounds)

- Dip cones – sugar free
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BBQ Pete's: (D4)

- Chicken (no sauce) – low carb
 - Ribs (no sauce) – low carb
 - Cornbread – low fat, vegetarian
 - Corn on the Cob, no butter – low fat, vegetarian
 - Strawberry Shortcake – vegetarian
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Bernie's Burgers: (I4)(D5)(J & B Concessions)

- 10" Whole Wheat Tortilla Wrap, ham, roast beef, turkey – low carb
 - Garden Burger – vegetarian
 - Kaiser Roll Veggie – vegetarian
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Del Taco

- 1/2 Lb. bean and cheese burrito - vegetarian
 - Quesadilla - vegetarian
 - Macho burrito in a bowl, no tortilla - low carb
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Fred E's Burgers: (I4)

- Veggie Burger – vegetarian
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GiGi's: (H2)(H4)(J4)(K2)(D5)

- Eggs – low carb
- Latte beverages – low fat, sugar free
- Grilled chicken burger, no bun – low carb
- Salads – low carb, low fat, vegetarian
- Hamburger, no bun - low carb

Hamburger Myers: (J4)(H6)

- Hamburgers, no bun - low carb
 - Polish sausages - low carb
 - Hot dogs, no bun - low carb
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International Village: (H5)

- Baked Potatoes – with any toppings – low fat, vegetarian
 - Dessert Bar – all natural fruit smoothies – low fat, vegetarian
 - Gyros Grille – salads – low carb, vegetarian
 - Submarine Sandwiches — low fat, vegetarian
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Longhorn Barbecue: (J2)

- Rib Tips – low carb
 - BBQ Chicken – low carb, low fat
 - BBQ beef or pork sandwich, no bun – low carb
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Mad Greek: (H1)

- Mediterranean Salad – low carb, vegetarian
 - Gyros Sandwich – low fat, low carb
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Marlowe's: (E2)

- Veggie Sandwich or Sub – vegetarian
- Vegetable soup, tomato base – vegetarian
- Garden burger, no bun – vegetarian, low fat
- Salad, low calorie dressing – vegetarian
- Hamburgers, no bun – low carb
- Hot dogs, no bun, items on side – low carb
- Hard boiled eggs – low carb
- Chicken burger, no bun – low carb
- Chicken Strips burger, no bun – low carb
- Chicken strips, no fries – low carb
- Fish burger, no bun – low carb
- Fish strips, no fries – low carb

Mo's Fresh Mex Kitchen: (G2)

- Chicken Taco Salad – low fat, low carb
 - Black bean, rice, chicken burrito – low carb
 - Black bean and rice burrito – low fat, sugar free, vegetarian
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Mongolian Grill: (I3)

- Mongolian Rice Bowl – low fat, low carb
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Twofer One: (H2)

- Roasted Style Chicken – low fat, low carb
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Sales Family Lunch: (E5)(E6)(I3)(I4)

- Hamburger Boat– lettuce, onions – low carb
 - Eggs – low carb
 - Chicken Boat– lettuce, onions – low carb
 - Fruit Snack—low carb, low fat, vegetarian
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Sausage Shack: (I3)

- Smoked Chicken Andouille Sausage – low carb, low fat
 - Tequila Chicken Sausage – low carb, low fat
 - Yucatan Brand Turkey, Chicken Sausage – low carb, low fat
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Stop n Go Burgers: (H2)

- Hamburger, no bun - low carb
- Hot dog, no bun - low carb
- Grilled garden burger - low fat, sugar free, vegetarian
- Garden burger, no bun - low carb, low fat, sugar free, vegetarian

Yakisoba: (H2)

- Yakisoba Noodles with Stir-Fry Vegetables – low fat, vegetarian
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Young Life BBQ: (G2)

- BBQ Beef Sandwich with extra lean roast beef - low fat, sugar free
 - BBQ baked beans - high fiber
 - BBQ Turkey Legs – low carb, low fat, sugar free
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Young Life Pie: (G3)

- Fresh baked apple pie, dietetic ice cream available – sugar free
 - Fresh baked Marion berry pie, dietetic ice cream available – sugar free
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Young Life Teriyaki: (H2)

- Teriyaki dinner with salad and rice - low fat, low carb
 - Teriyaki dinner with salad only - low fat, low carb
 - Steamed rice with teriyaki chicken - low fat
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Ziegler's Bratwurst Haus: (I3)

- Pork, Hot Cheese or Polish Sausage, no fillers added, no bun – low carb, sugar free
 - Sauerkraut, onions – low carb, low fat, sugar free, vegetarian
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